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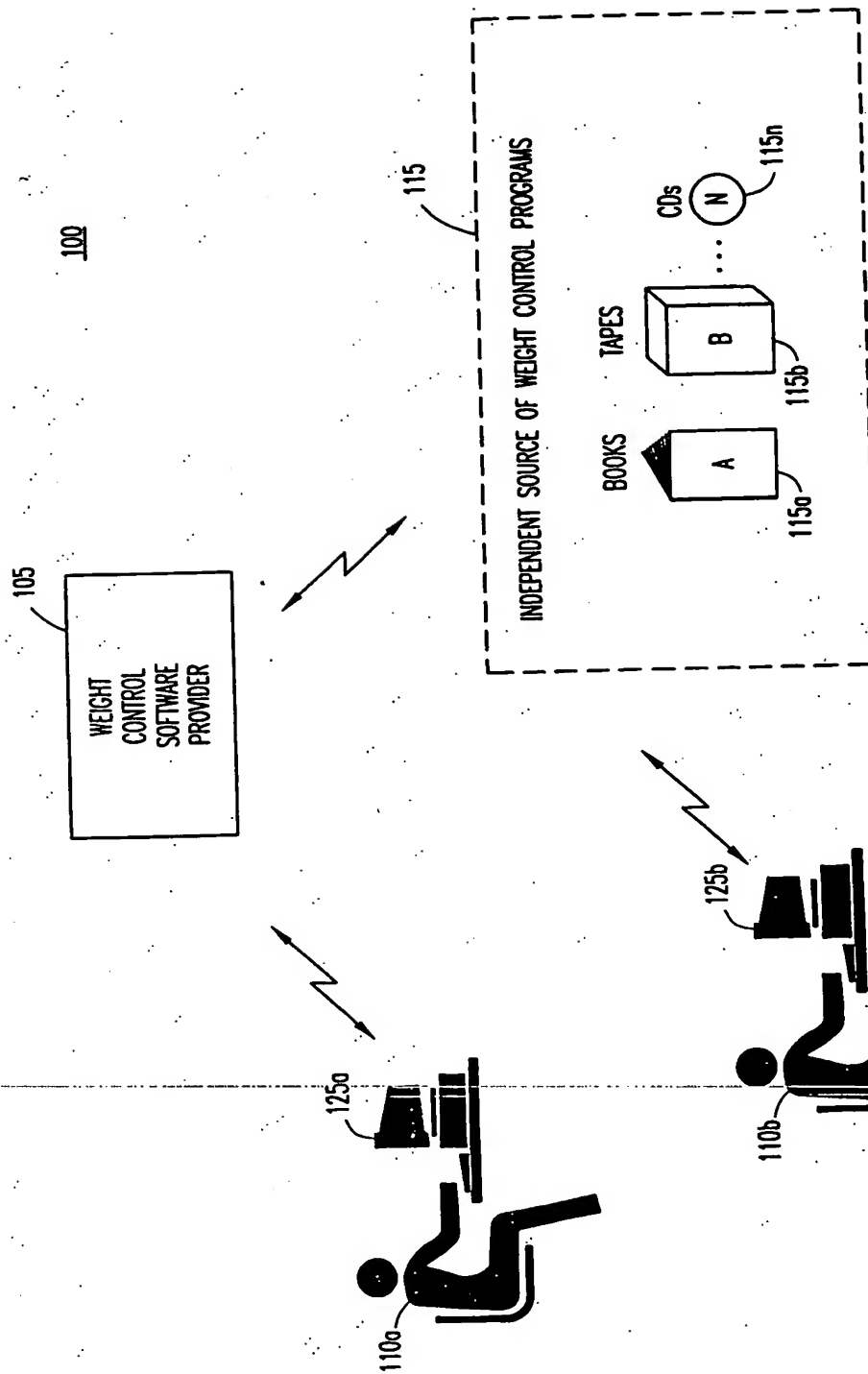


FIG. 1

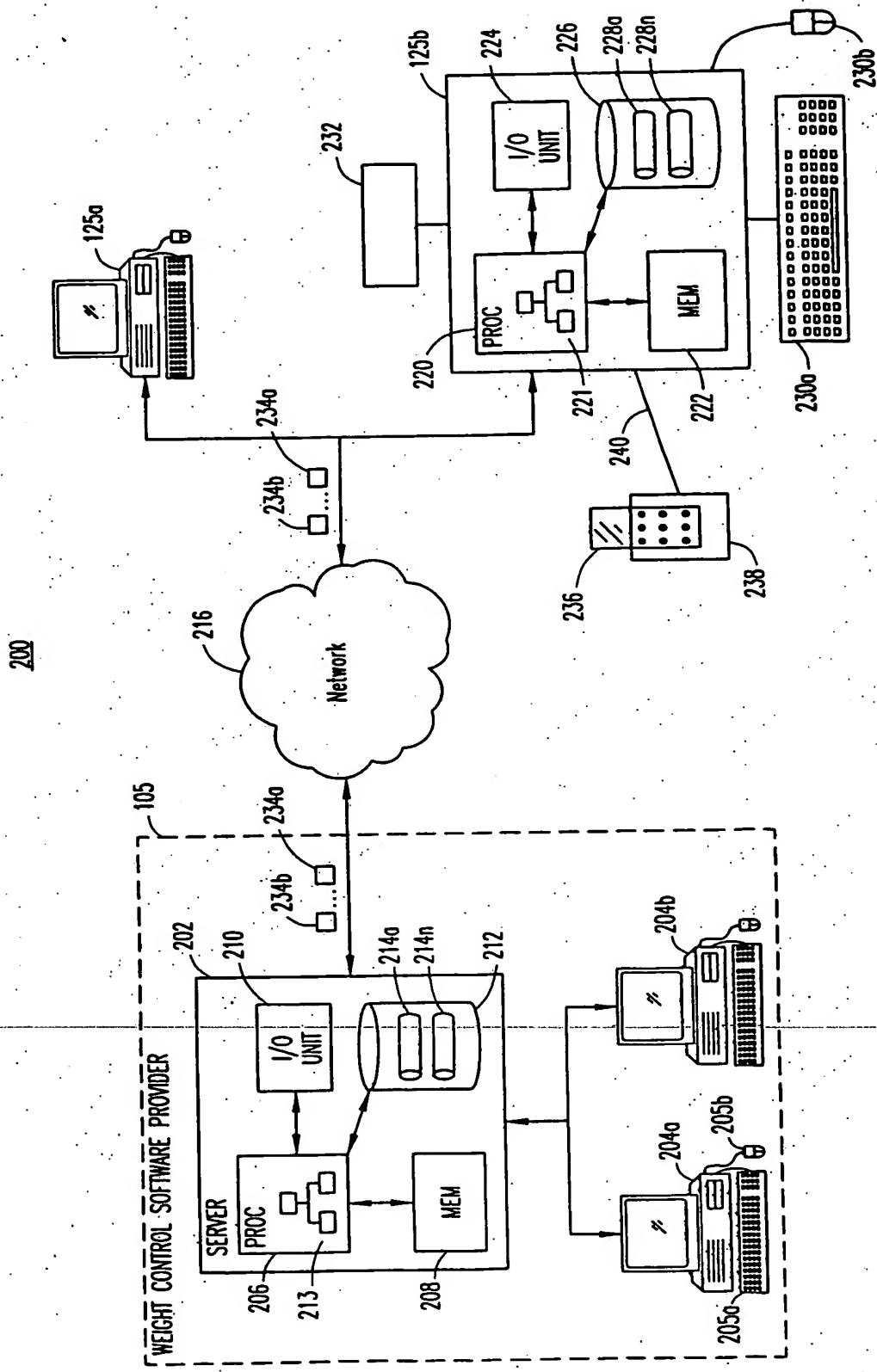


FIG. 2

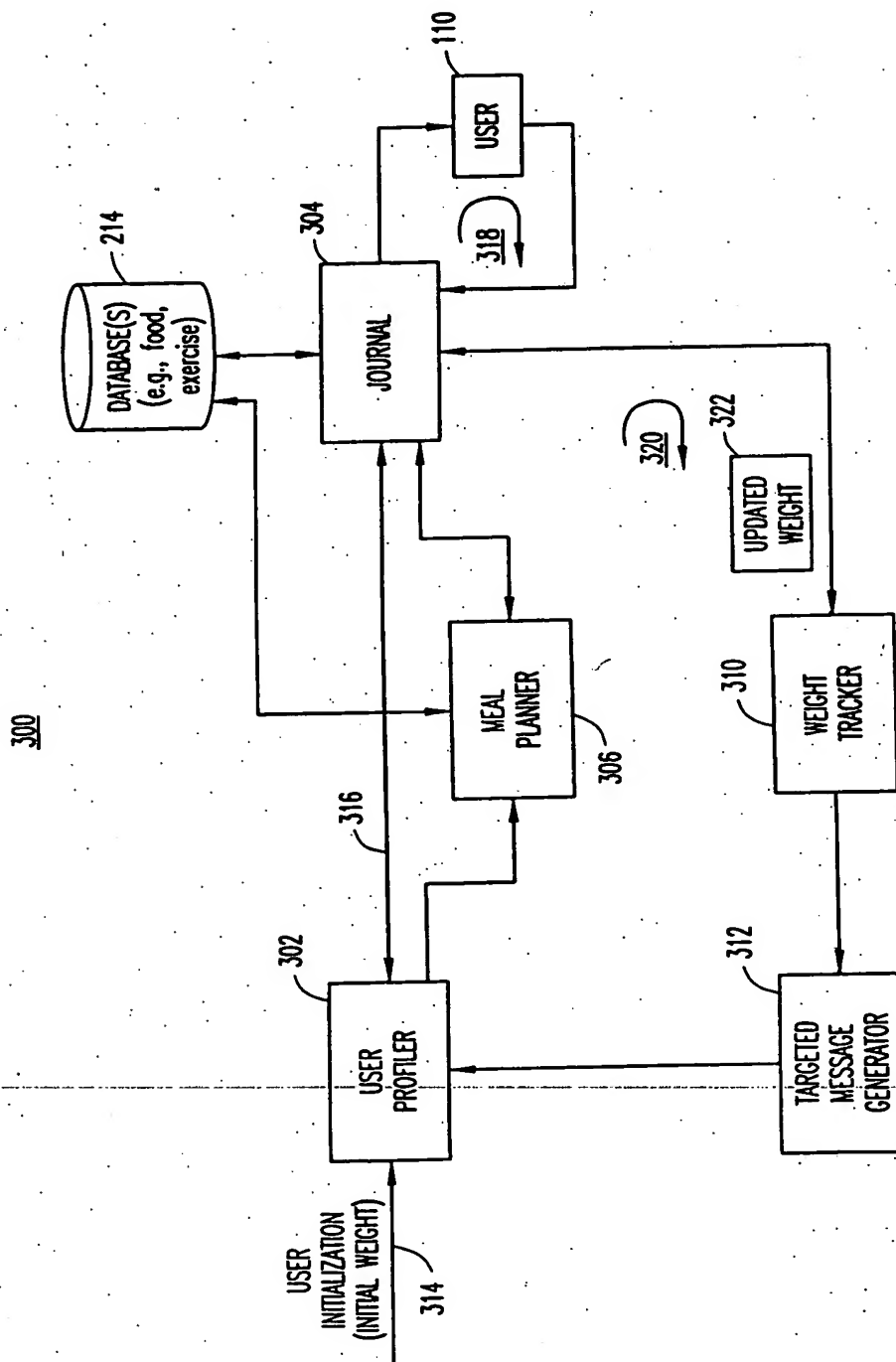


FIG. 3

4/28

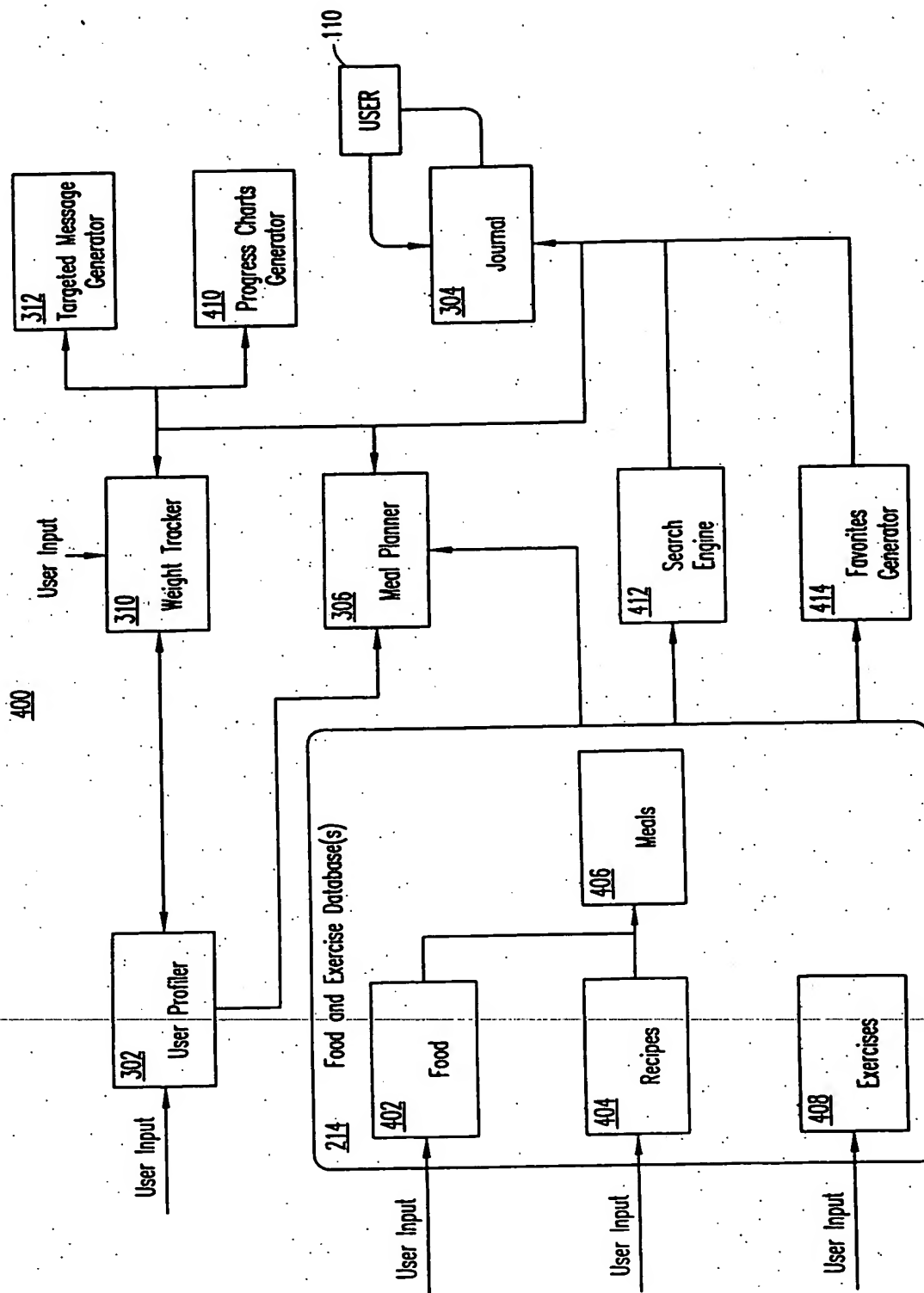


FIG. 4



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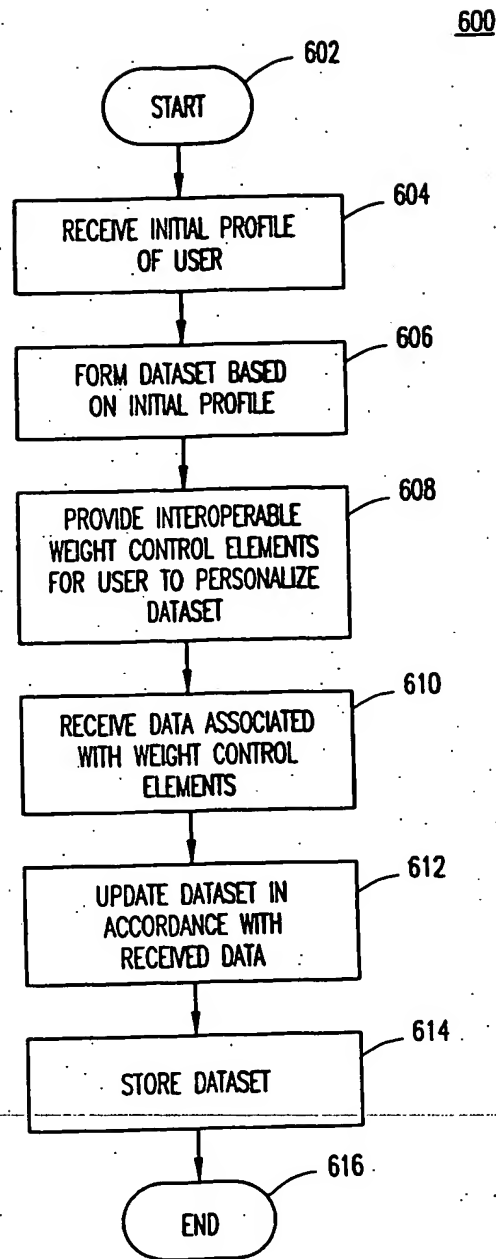


FIG. 6

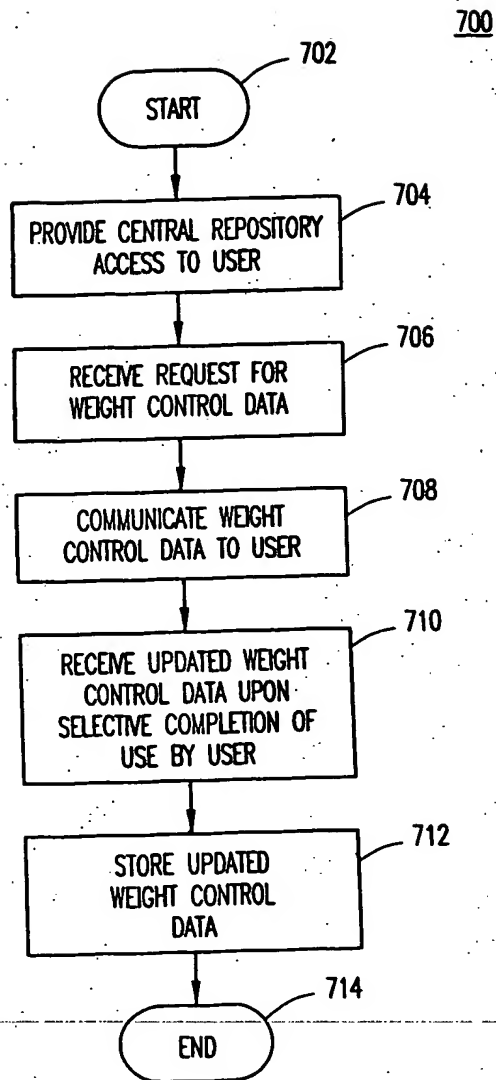


FIG. 7

8/28

806 home the plan community success stories food & recipes healthy life fitness just for me shop panic
802 find a meeting about us my profile site map help LOGIN
804
808 Journal Weight Tracker Progress Charts My Favorites POINTS[®] Calculators Assessment Tools for Living
826

step 6 of 6 confirm your information

Please confirm that all details you entered are correct. Click the "make changes" link below to make corrections

Current Weight Information

Current Weight: 223lb
Height: 5'8"
Gender: M
Birthdate: 7/14/1966

Make changes to Weight Information

Personal Information

First name: John
Last name: Smith
Address: 1 MAIN ST.
City: Anytown
State: NY
Zip code home: 12345
Zip code work: 12346
Country: United States
Phone: (212) 555-1234
E-mail: jsmith@workplace.com

Receive Information: No
E-mail Weight Loss Progress: No
E-mail Format: text
Profession: Professional (e.g., doctor, lawyer)
Marital status: Single
Number of children: 0
Lifetime Member: 98765
Meeting Member number: 98765

Make changes to Personal Information

Payment Information

Credit Card: Visa
Credit card number: *****1111
Expiration date: 2/2002

Name as it appears on the card: John Q Smith
Billing Address: 1 MAIN ST.
City: Anytown
State: NY
Zip code: 12345

Make changes to Payment Information

Total Subscription Charges for
Monthly Fee: \$8.00 x 6 = \$48.00
Savings/Discount: \$0.00
Taxes: \$0.00
Total Charges: \$48.00

Other Characteristics

Attitude: Generally Happy
Athletic: Yes
Eye color: Blue
Hair color: Brown

Other Demographics

Race: Caucasian
Religion: Catholic
Ethnicity: Irish
Blood type: A+

Health Restrictions

None

Desired Meal Plan Type

Regular

FIG. 8

9/28

900a

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Journal (Weight Tracker) | Progress Charts | My Favorites | POINTS® Calculators | Assessment | Tools for Living | Intro to eTools 808

808a 914 my journal 904a 904b 904c 904d 906

Friday, Jan 25, 2002 Target: 27 Range: 22-27 Bank: 3 print day print blank journal user guide

Add Food Add Exercise Notes Calendar

DELETE CHECKED ITEMS 918 SAVE & BANK

910 Total Food POINTS used 24

Morning 912

1 medium pear(s) 1

1 cup light artificially sweetened yogurt 2

1/2 cup General Mills Whole Grain Total 1

6 average almonds 1

MAKE THIS MEAL A FAVORITE Subtotal 5

Midday

6 oz baked potato 3

1 oz low-fat cheddar or colby cheese 1

1/2 cup cooked broccoli 0

2 cup mixed greens 0

1 tsp olive oil 1

1 Tbsp vinegar 0

1 medium orange(s) 1

MAKE THIS MEAL A FAVORITE Subtotal 6

Step 1: Select a meal time: 908

920 Morning Midday Evening Snack

Step 2: To add food, you can either: 916

Search our food database

toast FIND

Select a favorite: Edit Favorites

Select from My Favorites ADD

Express it! Enter your food and its POINTS value:

Food: POINTS: ADD

POINTS Calculator

Need Help? Go to the Journal User Guide Find tips from others on the Weight Watchers eTools Tip Exchange

Internet

FIG. 9

10/28

1000

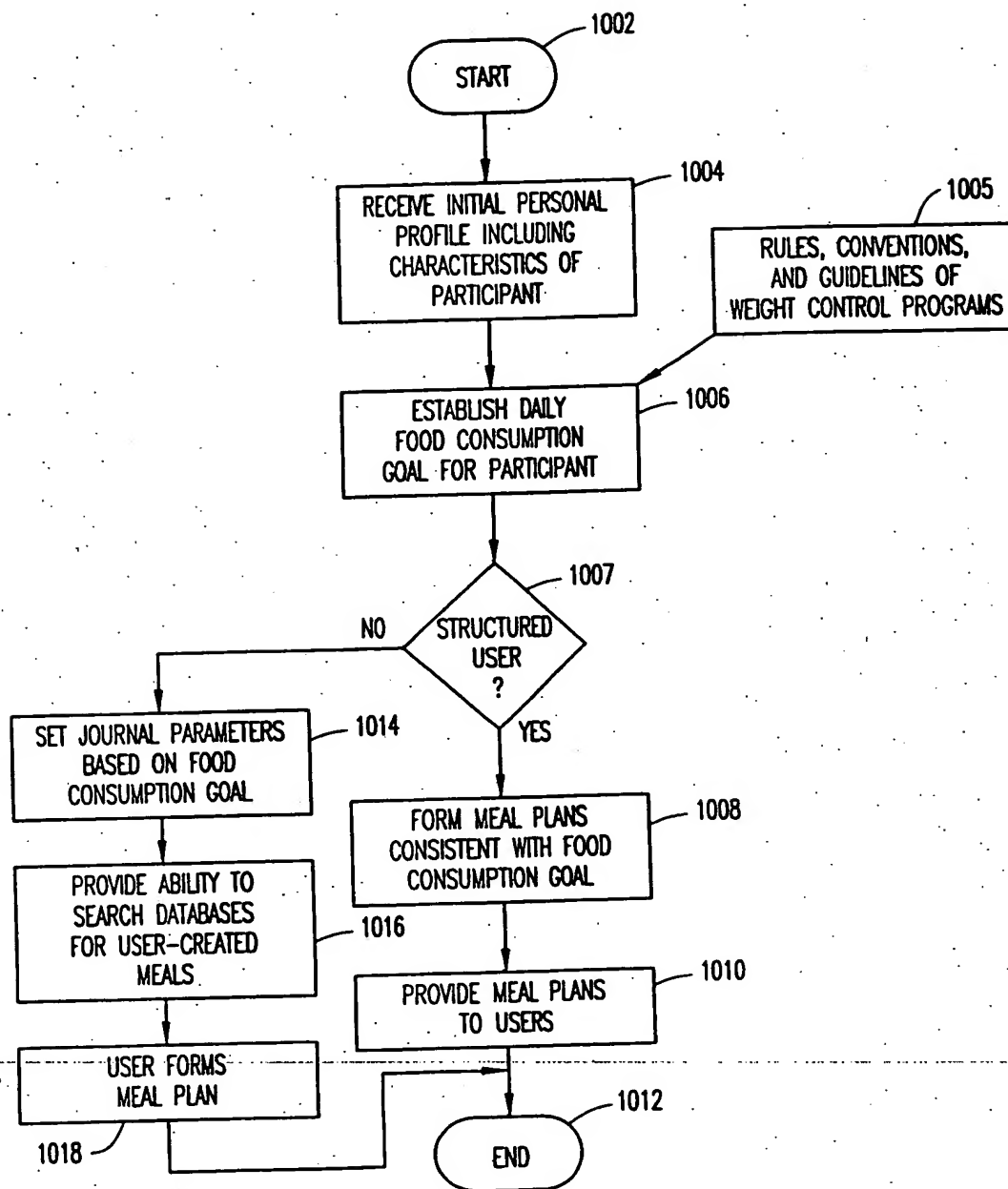
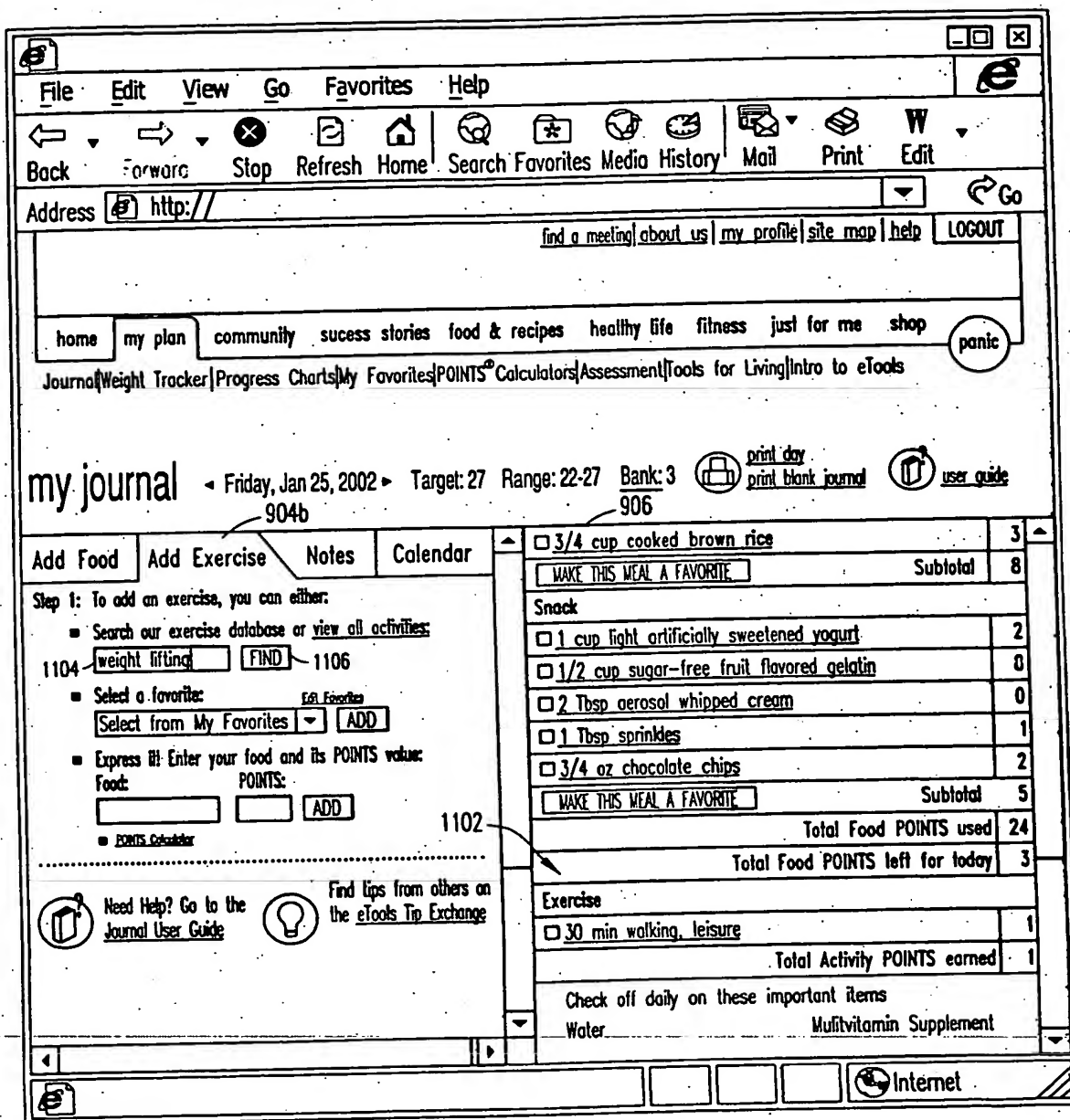


FIG. 10

11/28

900b



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my journal Friday, Jan 25, 2002 Target: 27 Range: 22-27 Bank: 3 [print day](#) [print blank journal](#) [user guide](#)

904b 906

Add Food Add Exercise Notes Calendar

Step 1: To add an exercise, you can either:

- Search our exercise database or view all activities: 1104 1106
- Select a favorite: [Edit Favorites](#)
- Express It! Enter your food and its POINTS value:
Food: POINTS:
- [POINTS Calculator](#)

1102

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<input type="checkbox"/> 3/4 cup cooked brown rice	3
<input type="button" value="MAKE THIS MEAL A FAVORITE"/>	Subtotal 8
Snack	
<input type="checkbox"/> 1 cup light artificially sweetened yogurt	2
<input type="checkbox"/> 1/2 cup sugar-free fruit flavored gelatin	0
<input type="checkbox"/> 2 Tbsp aerosol whipped cream	0
<input type="checkbox"/> 1 Tbsp sprinkles	1
<input type="checkbox"/> 3/4 oz chocolate chips	2
<input type="button" value="MAKE THIS MEAL A FAVORITE"/>	Subtotal 5
Total Food POINTS used 24	
Total Food POINTS left for today 3	
Exercise	
<input type="checkbox"/> 30 min walking, leisure	1
Total Activity POINTS earned 1	
Check off daily on these important items	
Water	Multivitamin Supplement

Internet

FIG. 11

12/28

900c

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my journal 914 ◀ Friday, Jan 25, 2002 ▶ Target: 27 Range: 22-27 Bank: 3 [print day](#) [print blank journal](#) [user guide](#) 906

Add Food Add Exercise Notes Calendar

Step 1: Select a meal time:
☐ Morning ☐ Midday ☐ Evening ☐ Snack

Step 2: To add food, you can either:
☐ Search our food database
☐ Select a favorite: [Edit Favorites](#)

☐ Express it! Enter your food and its POINTS value:
Food: POINTS:
☐ POINTS Calculator

[Need Help? Go to the Journal User Guide.](#) [Find tips from others on the eTools Tip Exchange](#)

☐ Calculate POINTS for recipes and food combos (e.g., coffee, milk & sugar)
☐ View your meal plans

DELETE CHECKED ITEMS

Total Food POINTS used 24	
Morning	
<input type="checkbox"/> 3 slice(s) crisp cooked bacon	4
<input type="checkbox"/> 2 large fried egg(s)	5
<input type="button" value="MAKE THIS MEAL A FAVORITE"/>	Subtotal 9
Midday	
<input type="checkbox"/> 1 small serving(s) cooked lean beef steak	7
<input type="checkbox"/> 1 cup(s) fruit salad	2
<input type="button" value="MAKE THIS MEAL A FAVORITE"/>	Subtotal 9
Evening	
	Subtotal 0
Snack	
	Subtotal 0
Total Food POINTS used 18	
Total Food POINTS left for today 9	
Exercise	
<input type="checkbox"/> 60 min jogging	7
Total Activity POINTS earned 7	
Check off daily on these important items:	
Water 1204 <input type="checkbox"/>	Multivitamin Supplement <input type="checkbox"/>
Fruits & Vegetables 1206 <input type="checkbox"/>	Milk & Milk Products <input type="checkbox"/>
DELETE CHECKED ITEMS <input type="button" value="SAVE & BANK"/>	

Internet

FIG. 12

900d

FIG. 13

FIG. 13

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to weight loss tools.

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meal plans

my 7-day meal plan

Using a meal plan is simple way to kick-start your weight loss. Whether you follow the meal plan to the letter or simply use it for ideas and inspiration is up to you. For help using the meal plan, see our meal plan user guide.

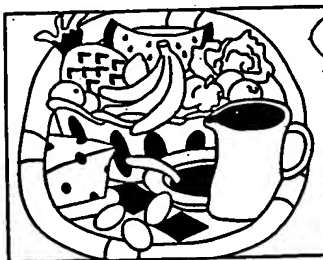
view next week's plan

see Daily View

print

Jan 23 - Jan 29

add plan to my journal



POINTS 23

☒ **THURSDAY**
☒ **MORNING:**
Almond Apricot Flakes 6
☒ **MIDDAY:**
Turkey Rollers 5
☒ **EVENING:**
Orange-Lemon Scallops 7
☒ **SNACK:**
Throughout the Day 5

POINTS 24

☒ **SATURDAY**
☒ **MORNING:**
From the Coffee Shop 5
☒ **MIDDAY:**
Grilled Swordfish 6
☒ **EVENING:**
Indian Take-Out 8
☒ **SNACK:**
On the Go 5

POINTS 23

☒ **MONDAY**
☒ **MORNING:**
Apricot Yogurt Sundae 5
☒ **MIDDAY:**
Super Salad 6
☒ **EVENING:**
Quick Bite Before 7
☒ **SNACK:**
Crunchy Snacks 5

POINTS 23

☒ **WEDNESDAY**
☒ **MORNING:**
Cheese Omelet 6
☒ **MIDDAY:**
Veggie Chili 5
☒ **EVENING:**
Apricot Turkey Br... 7
☒ **SNACK:**
Snacks and Treats 5

POINTS 24

☒ **FRIDAY**
☒ **MORNING:**
Yogurt Topped Fruit 5
☒ **MIDDAY:**
Cheese & Broc... 6
☒ **EVENING:**
Spicy Pork Sauté 8
☒ **SNACK:**
Savory Snacks 5

POINTS 24

☒ **SUNDAY**
☒ **MORNING:**
Raisin Nut Flakes 6
☒ **MIDDAY:**
Turkey Sandwich w... 5
☒ **EVENING:**
Baked Beef Fajita 8
☒ **SNACK:**
Sweets and Treats 5

POINTS 24

☒ **TUESDAY**
☒ **MORNING:**
Apple-Almond Topp... 6
☒ **MIDDAY:**
Bacon & Grill 5
☒ **EVENING:**
Turkey-Squash Sti... 8
☒ **SNACK:**
Sweet and Saffy S... 5

add plan to my journal

view next week's plan

see Daily View

print

need help?

Learn more and answer questions in our meal plan user guide.

meal plan user guide

meal planner profile

Plan for Me-Plan

Special diet (Regular)

POINTS range 22-27

edit meal plan profile

about meal plans

FIG. 14

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my 7-day meal plan

Using a meal plan is simple way to kick-start your weight loss. Whether you follow the meal plan to the letter or simply use it for ideas and inspiration is up to you. For help using the meal plan, [see our meal plan user guide](#).

[next day](#) | [weekly view](#)

WED Jan 23 | 23 POINTS

[update my meal plan](#) 1504

☒ MORNING:

[Swap for another meal?](#)

POINTS

- [Cheese Omelet](#) 6
- ☒ 3 medium egg white(s) 1
- ☒ 1 tsp basil 0
- ☒ 1 oz low-fat cheddar or colby cheese 1
- ☒ 1 slice high-fiber bread 1
- ☒ 1 cup canned fruit cocktail, packed in water 1
- ☒ 1 cup low-fat milk 2

☒ MIDDAY:

[Swap for another meal?](#)

POINTS

- [Veggie Chili](#) 5
- ☒ 1 cup Health Valley Wild Vegetarian Chili 2
- ☒ 1 cup fresh vegetable sticks 0
- ☒ 1 Tbsp reduced-calorie salad dressing 1
- ☒ 1 cup grapes 1
- ☒ 1 slice toasted wheat bread 1
- ☒ 1 Tbsp I Can't Believe It's Not Butter! Fat-Free Margarine 0

☒ EVENING:

[Swap for another meal?](#)

POINTS

- [Apricot Turkey Breast with Cinnamon Squash](#) 7
- ☒ 4 oz boneless, skinless turkey breast(s) 3
- ☒ 1 Tbsp apricot jam 1
- ☒ 1 tsp ground ginger 0
- ☒ 3/4 medium acorn squash 2
- ☒ 1/8 tsp ground cinnamon 0
- ☒ 1 Tbsp light butter 1
- ☒ 1 1/2 cup green snap beans 0

☒ SNACK:

[Swap for another meal?](#)

POINTS

- [Snacks and Treats](#) 5
- ☒ 1 cup 0-POINT soup 0
- ☒ 1 cup fresh vegetable sticks 0

need help?

[Learn more and answer questions in our meal plan user guide.](#)

- [meal plan user guide](#)
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FIG. 15A

1500b

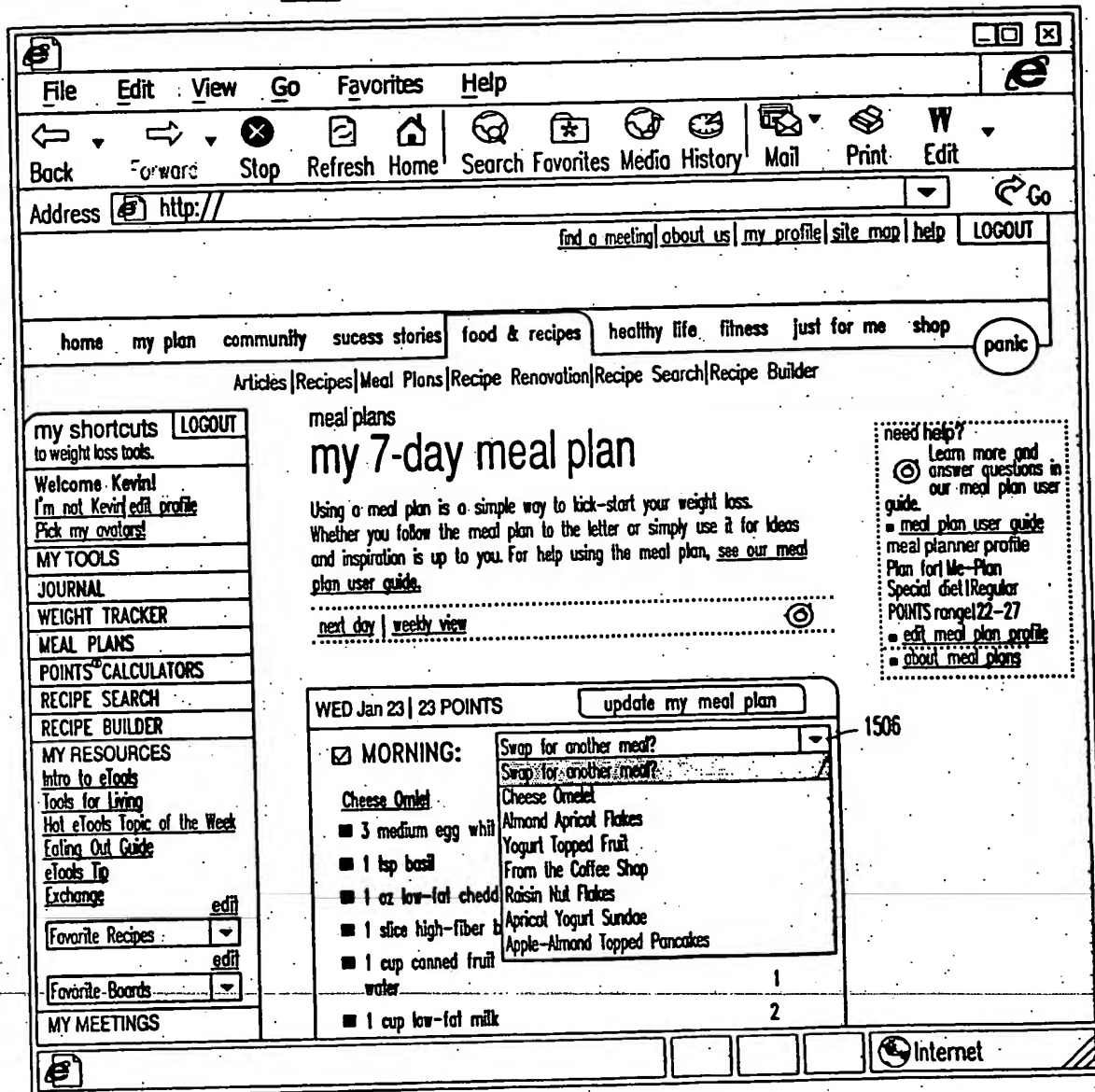


FIG. 15B

900e

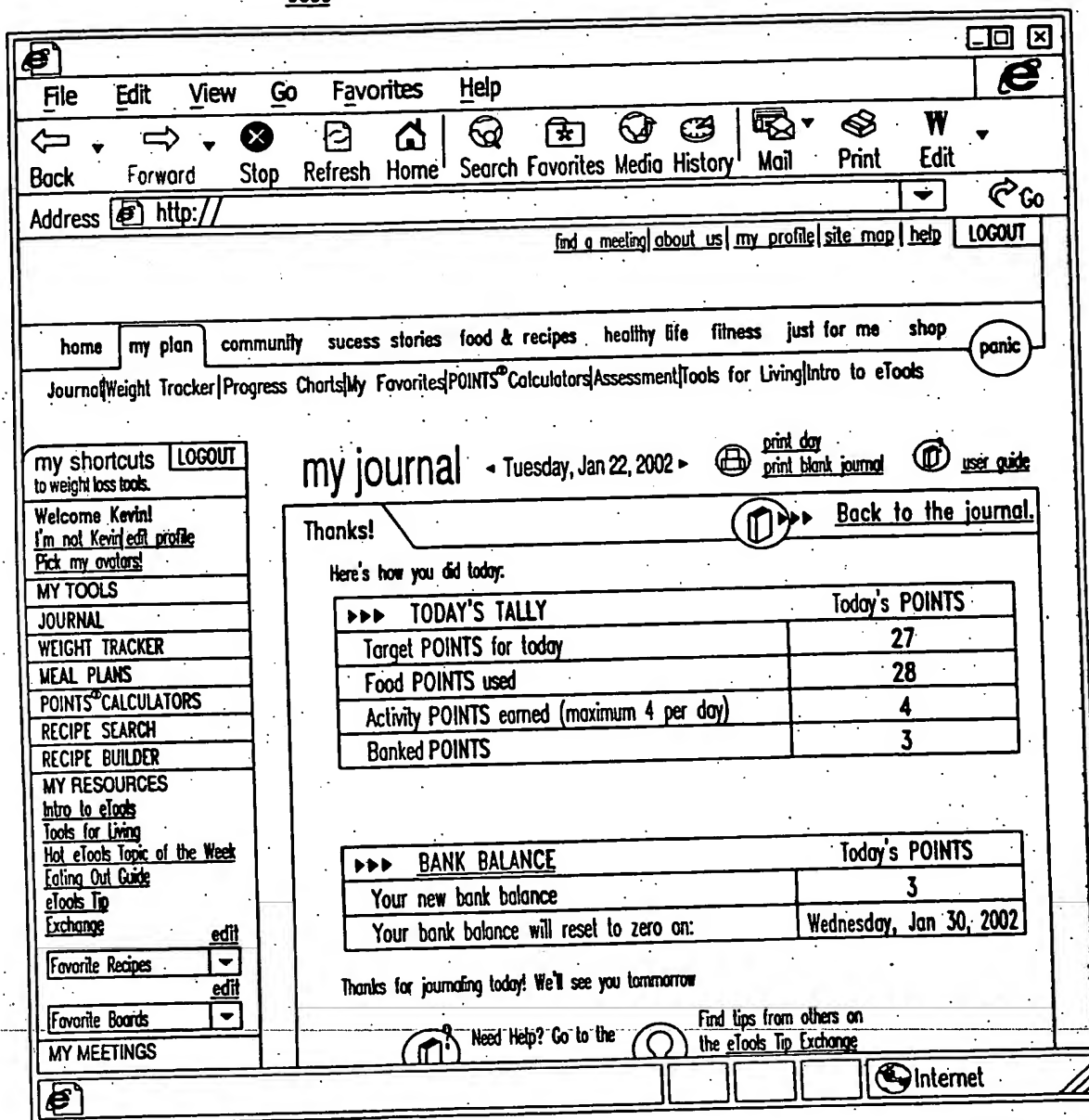


FIG. 16A

18/28

900f

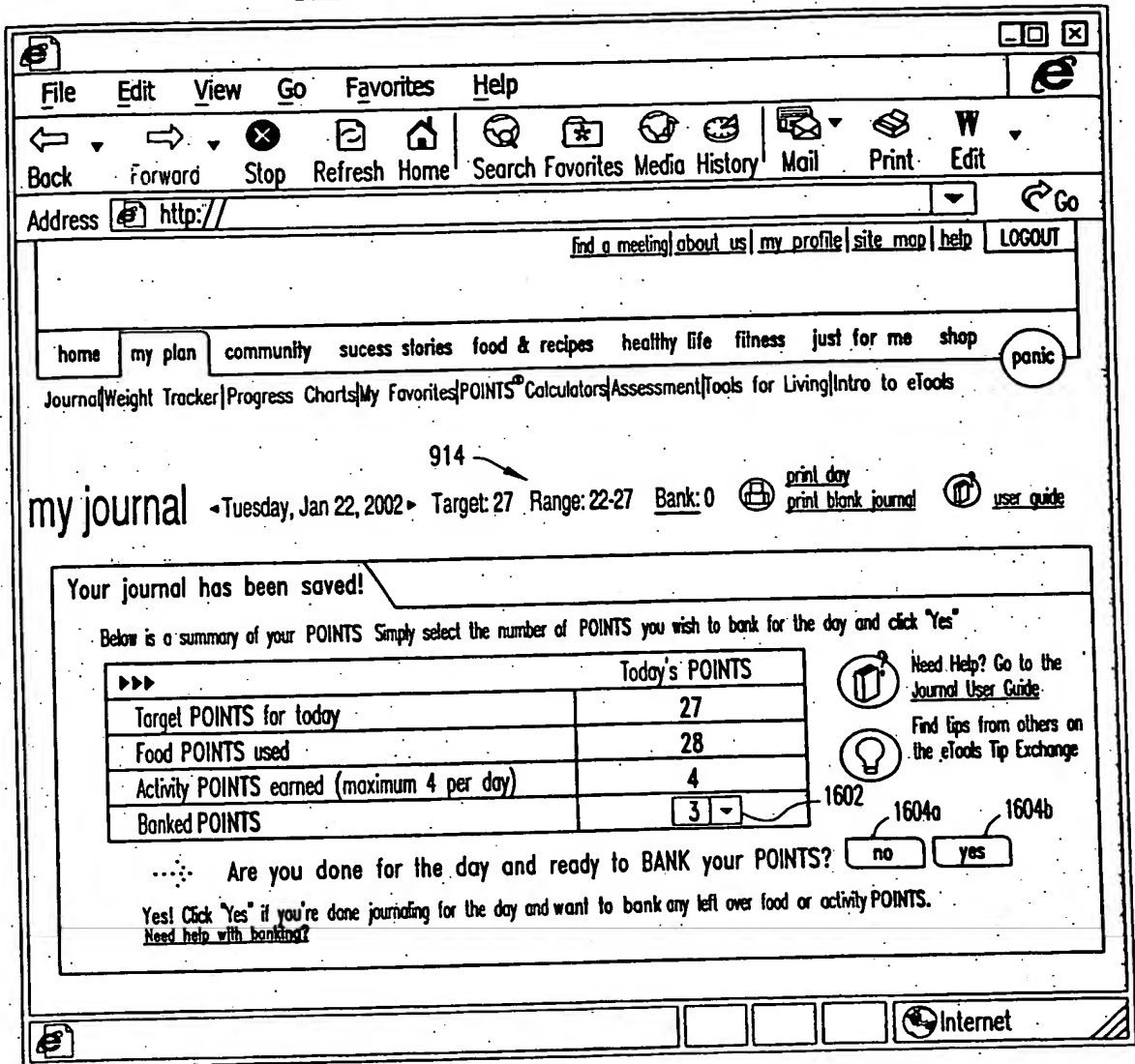


FIG. 16B

19/28

1700

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results of search or browse

Search Details: Keywords: chicken. Points Range: 5 to 7

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Recipe, POINTS per serving	Course	Time
Apple Braised Chicken, 5	Main Meals	55 min
Baked Chicken with Sun dried Tomato Sauce, 5	Main Meals	30 min
Barbecue Chicken and Black Bean Pizza, 7	Main Meals	30 min
Basque Chicken, 7	Main Meals	45 min
Chicken and Dumplings, 5	Main Meals	40 min
Chicken and Sausage Gumbo, 6	Main Meals, Soups	33 min
Chicken Burritos, 5	Main Meals	37 min
Chicken Enchiladas, 7	Main Meals	60 min
Chicken Fajitas, 6	Main Meals	25 min
Chicken Fingers with Barbecue Sauce, 5	Main Meals	22 min
Chicken in Apricot Sauce, 5	Main Meals	45 min
Chicken Jambalaya, 6	Main Meals	50 min
Chicken Mole Wraps, 7	Main Meals	31 min
Chicken Poella, 7	Main Meals	330 min
Chicken Parmigiana Sandwich, 6	Sandwiches	35 min
Chicken Poppers, 6	Main Meals, Side Dishes	20 min
Chicken Pot Pie, 6	Main Meals	65 min
Chicken Salad in Whole-Wheat Bread Bowl, 5	Main Meals	20 min
Chicken Sauté with Pine Nuts, 6	Main Meals	25 min
Chicken Stewed with Artichokes and Tomatoes, 5	Main Meals	50 min

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FIG. 17

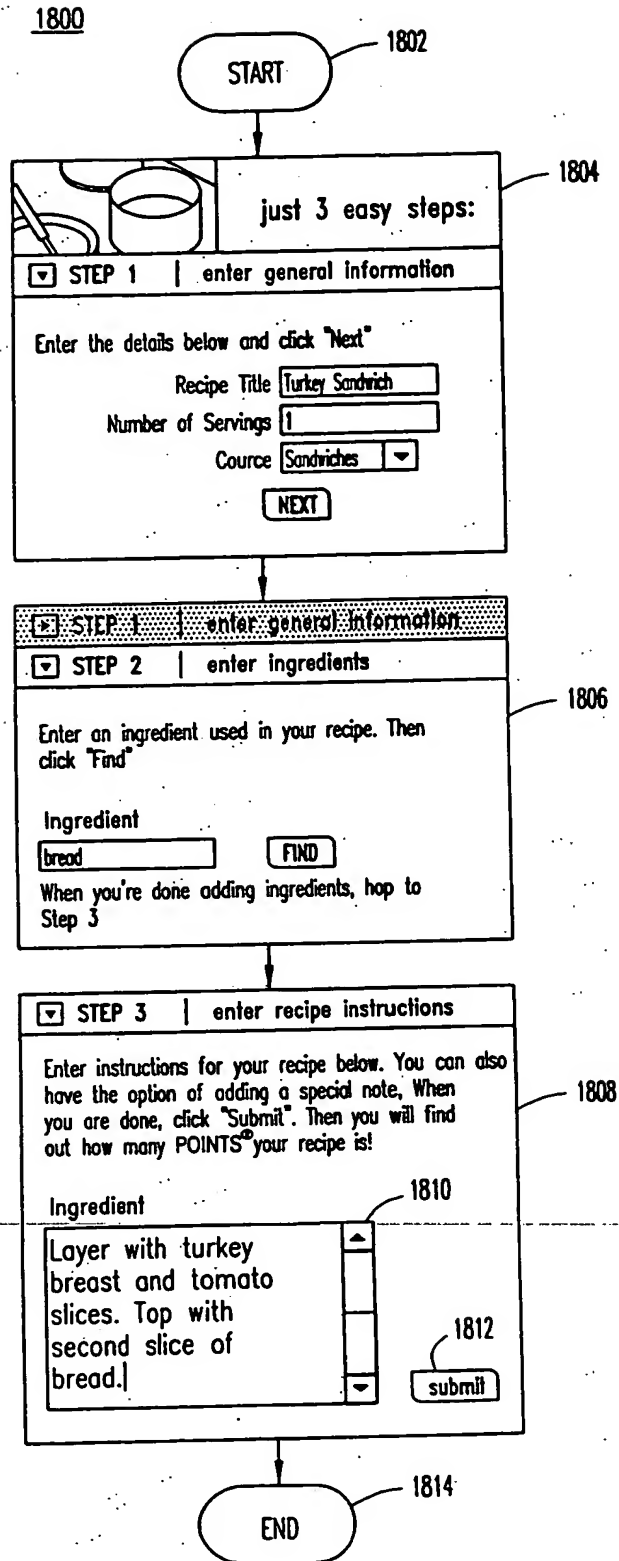


FIG. 18

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806b

1900

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weight tracker

Wednesday, January 16, 2002

Total weight loss

10.0 LBS.

Most recent weight: 221.6lbs on 1/14/2002

POINTS Range: 22-27

Meeting day: Monday

1902

Milestones

5

Thank You

VIEW PROGRESS CHARTS

Thank you for logging your weight this week!

Please return next Monday to log your weight.

Share stories on Tales from the Scale

> ENTER PREVIOUS WEIGHT

health & safety

getting to weight goal

learn more, weigh less

we put your health and safety first. Learn about how your weight and weight-loss efforts can affect your health.

Whether you lost big this week or were a little disappointed, remember to take time out to get inspired all over again.

Make the scale your friend each week by getting tips from weight-loss experts and fellow dieters alike!

What's your BMI

Effects of Rapid Weight Loss

18 Ways to Reward Yourself

Create a Motivating Strategy

The Great Weigh-In

20 Weight Loss Tips (from Real Meeting-Goers!)

weight loss profile

Starting weight: 223

10% difference: 200.7

Weight goal: 150.9

Weight lost: 2

Edit My Profile

Beyond the scale

Get a better grip on your weight-loss success the next time you carry groceries. Click the pounds to see what you'd have to lift.

1lb | 5lb | 10lb | 25lb

4 sticks of butter

FIG. 19

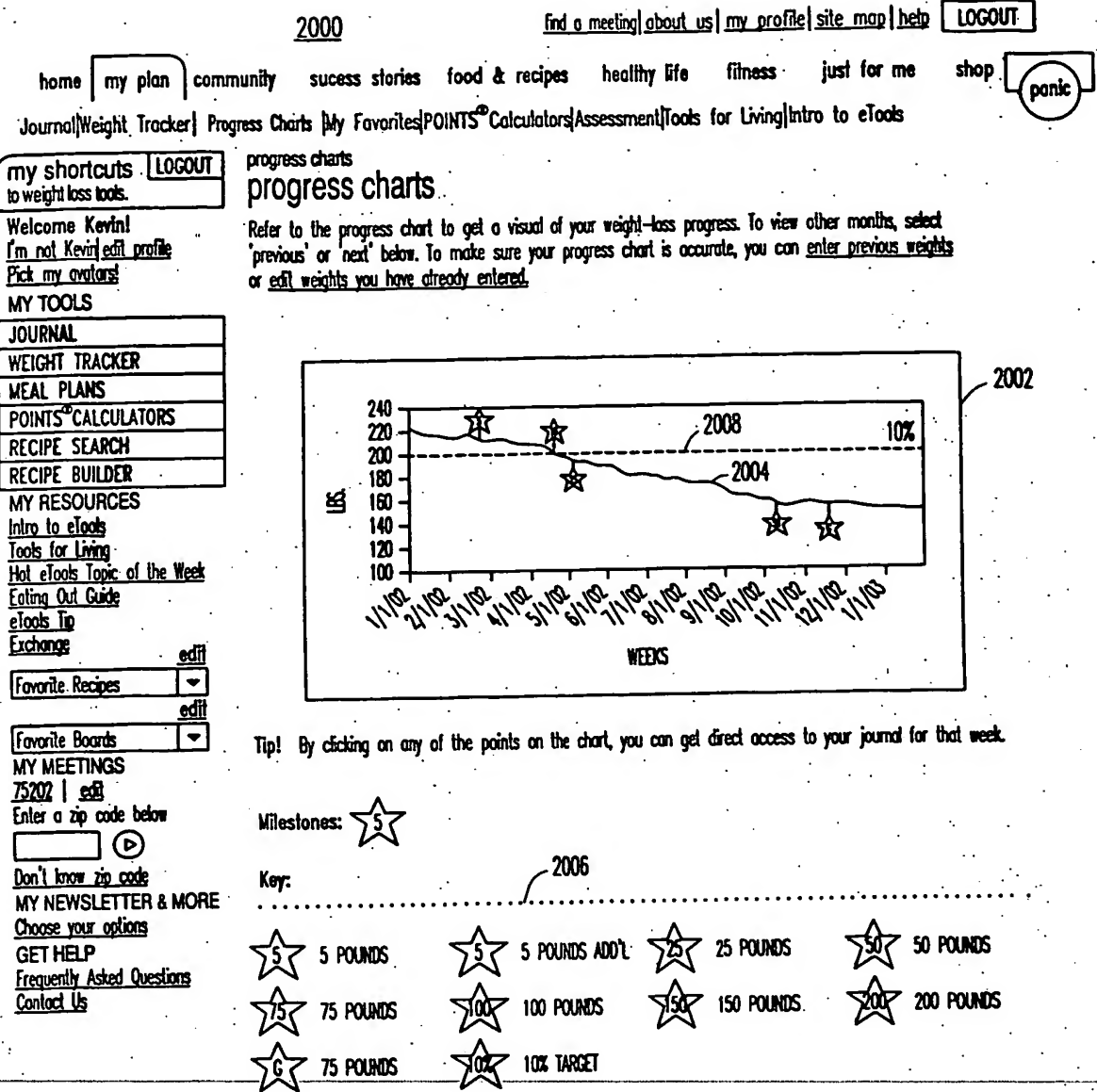


FIG. 20

2100

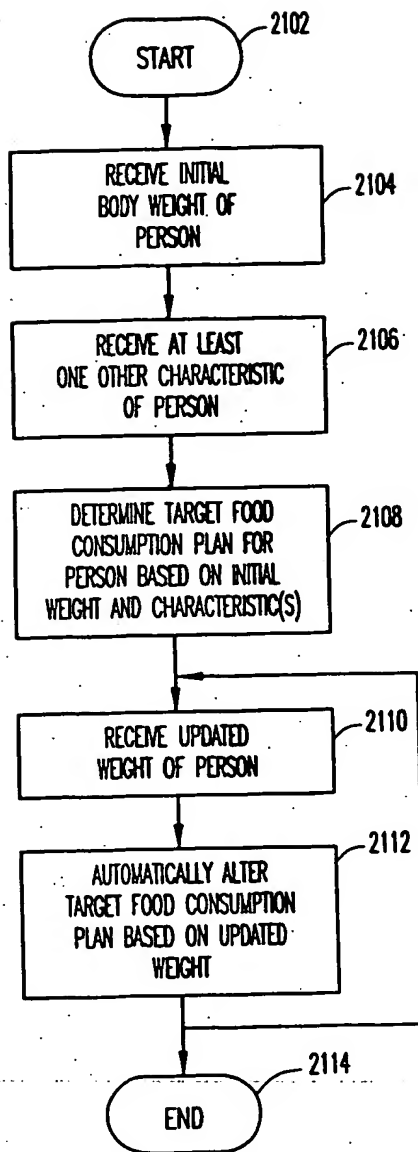


FIG. 21

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don't *panic!*

...we know how hard it can be.

Never trade what you want at the moment
for what you want most.



Everyone has moments of panic or days of stress, or even weeks when they're just frantic. That's why we've created the "Panic Page." It will help point you down the right path when you're stressed out about your weight loss.

First of all, we're here to provide the connections you need in order to talk to others who've been there. Get in touch and talk it over on our [message boards](#) and in our [chat rooms](#).

And read up on your rough spots, too. Here are some potential "Panic" situations. If one sounds familiar, click on the link for some sound solutions.

- [I want to lose weight, but I can't seem to get started.](#)
- [My weight-loss is at a standstill](#)
- [I've fallen off the wagon.](#)
- [I'm thinking of quitting.](#)
- [I gained this week.](#)
- [I can't do this](#)
- [I just ate a whole chocolate cake.](#)
- [I can't stop overeating!](#)
- [Everybody I know is losing weight except me.](#)
- [I'm stressed!](#)
- [My family and friends keep bringing me food!](#)
- [My spouse doesn't seem to want me to lose weight.](#)
- [I'm planning a vacation. How will I stay on track while away?](#)
- [My friends have asked me to go out to eat with them.](#)
- [I have zero POINTS left for the day!](#)
- [Somebody just said something really hurtful to me.](#)
- [None of my jeans fit me anymore!](#)
- [I'm too big to fit into a bus seat.](#)
- [I'm going to have to stand in front of a crowd. People will notice me.](#)
- [I feel so lonely.](#)
- [I'm bored with trying to lose weight.](#)
- [I'm frustrated with trying to lose weight.](#)
- [I hate exercising.](#)
- [I've lost my motivation.](#)
- [I feel thinner and look thinner, but I'm not losing pounds.](#)

your best resource

Thousands of people just like you use our chat and message boards for

inspiration and encouragement. See how they tackled the problems you face.

- [chat with others now](#)
- [go to newbie board](#)

your best resource

Our leaders provide the best answers to all your questions about weight

loss.

- [find a meeting](#)

get help

Panic! Cause you're having problems using some of the tools on our site?

- [frequently asked questions](#)

File Edit View Go Favorites Help

Back Forward Stop Refresh Home Search Favorites Media History Mail Print Edit

Address http://

find a meeting about us my profile site map help LOGOUT

home my plan community success stories food & recipes healthy life fitness just for me shop panic

Journal Weight Tracker Progress Charts My Favorites POINTS[®] Calculators Assessment Tools for Living Intro to eTools

my shortcuts **LOGOUT**
to weight loss tools
Welcome Kevin!
I'm not Kevin! [edit profile](#)
[Pick my avatar!](#)

MY TOOLS
JOURNAL
WEIGHT TRACKER
MEAL PLANS
POINTS CALCULATORS
RECIPE SEARCH
RECIPE BUILDER

MY RESOURCES
[Intro to eTools](#)
[Tools for Living](#)
[Hot eTools Topic of the Week](#)
[Eating Out Guide](#)
[eTools Tip](#)
[Exchange](#) [edit](#)
[Favorite Recipes](#) [edit](#)
[Favorite Boards](#)

MY MEETINGS
[75202](#) [edit](#)
Enter a zip code below
 [Go](#)
[Don't know zip code](#)

MY NEWSLETTER & MORE
[Choose your options](#)
GET HELP
[Frequently Asked Questions](#)
[Contact Us](#)

my profile
edit public profile

Select another page in my profile

Your public profile lets others using the site learn about you. To make a detail appear in your profile, check the "Add to public profile" box. You can also enter fun details, such as your favorite quote, below. When you are done, click "Submit."

Important: Any information you can consent to being publicly available can be seen by any user on this website. [Learn more about public profiles.](#)

make public ☒ ☐ ☒ ☒ ☒ ☒ ☐ ☐ ☒

User name: John Smith
E-mail address: jsmith@workplace.com
Birthdate: 07/14/66
Gender: Male
Marital status: Single
Number of children: 0
Profession: Professional (e.g., doctor, lawyer)
Astrological sign: Cancer
My home page: <http://www.workplace.com>
Astrological sign: Beam me up, Scottie

Enter your start, goal and current weights below. It will display in this order in your signature: 180/169.4/141
Start weight: lbs
Current weight: lbs
Weight goal: lbs

submit submit

Internet

FIG. 23

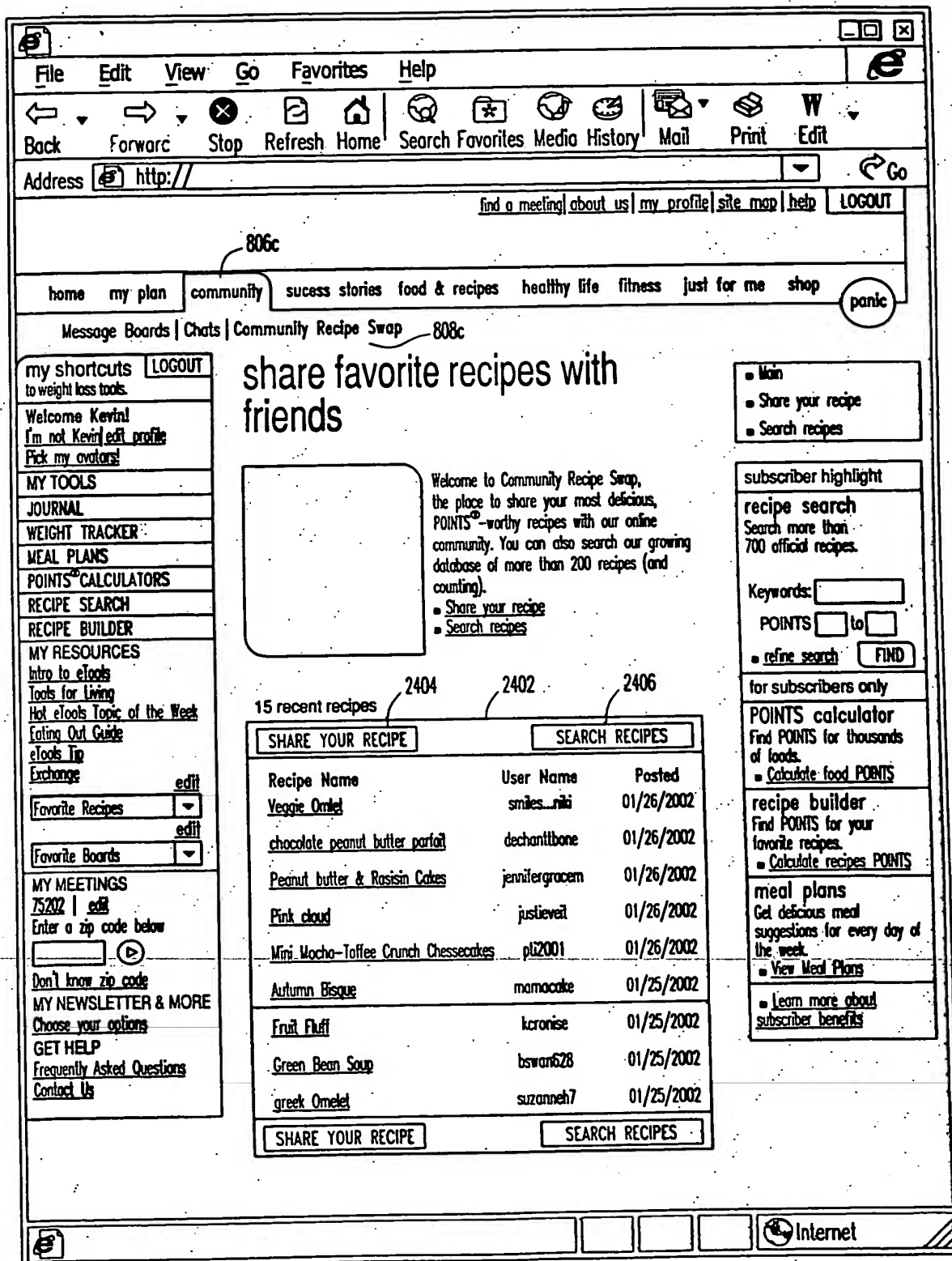


FIG. 24A

The screenshot shows a web browser window with the following elements:

- Browser Interface:** Includes a menu bar (File, Edit, View, Go, Favorites, Help), a toolbar with navigation buttons (Back, Forward, Stop, Refresh, Home, Search, Favorites, Media, History, Mail, Print, Edit), and an address bar showing 'http://'. A 'Go' button is next to the address bar.
- Navigation Links:** A row of links includes 'find a meeting', 'about us', 'my profile', 'site map', 'help', and 'LOGOUT'.
- Site Menu:** A horizontal menu with links: 'home', 'my plan', 'community' (labeled 806c), 'sucess stories', 'food & recipes', 'healthy life', 'fitness', 'just for me', and 'shop'. A 'panic' button is also present.
- Left Sidebar:** Contains a 'my shortcuts' section with a 'LOGOUT' button and links to 'to weight loss tools', 'Welcome Kevin!', 'I'm not Kevin', 'edit profile', 'Pick my avatars!', 'MY TOOLS', 'JOURNAL', 'WEIGHT TRACKER', 'MEAL PLANS', 'POINTS[®] CALCULATORS', 'RECIPE SEARCH', 'RECIPE BUILDER', 'MY RESOURCES', 'Intro to eTools', 'Tools for Living', 'Hot eTools Topic of the Week', 'Eating Out Guide', 'eTools Tip', 'Exchange', 'Favorite Recipes', 'Favorite Boards', 'MY MEETINGS', '75202', 'edit', 'Enter a zip code below', 'Don't know zip code', 'MY NEWSLETTER & MORE', 'Choose your options', 'GET HELP', 'Frequently Asked Questions', and 'Contact Us'.
- Main Content Area:**
 - community recipe swap** (labeled 808c)
 - share your recipe**
 - Instructions:** 'Sharing your personal recipes is easy! To swap your recipe, simply fill in the details below and click "Submit". Why not include a special note letting others know why you love the recipe and how it's helped you stick to your POINTS[®].'
 - IMPORTANT:** You should only swap your personal recipes and not recipes that are someone else's or that you copied from publications such as cookbooks or magazines.
 - Form Fields:**
 - Recipe Title:** Input field (labeled 2410).
 - From the Kitchen of:** Input field.
 - Meal Course:** Dropdown menu (labeled 2412, currently set to 'Breakfast').
 - Number of Servings:** Input field (labeled 2414).
 - Estimated POINTS per serving:** Input field (labeled 2416).
 - Ingredients:** Text area (labeled 2418).
 - Instructions:** Text area (labeled 2420).
 - Special Notes:** Text area (labeled 2422).
 - Buttons:** 'RESET' and 'SUBMIT' buttons (labeled 2424).
- Right Sidebar:** A box with links: 'Main', 'Share your recipe', and 'Search recipes'.
- Footer:** A status bar showing 'Internet' and a small globe icon.

FIG. 24B

The screenshot shows a web browser window with a menu bar (File, Edit, View, Go, Favorites, Help) and a toolbar with icons for Back, Forward, Stop, Refresh, Home, Search, Favorites, Media, History, Mail, Print, and Edit. The address bar shows 'http://'. Below the address bar, there are links for 'find a meeting', 'about us', 'my profile', 'site map', 'help', and a 'LOGOUT' button. A navigation bar contains links for 'home', 'my plan', 'community', 'success stories', 'food & recipes', 'healthy life', 'fitness', 'just for me', and 'shop'. A 'panic' button is also present. Below this, there are links for 'Message Boards', 'Chats', and 'Community Recipe Swap'. The main content area is titled 'community recipe swap' and 'share your recipe'. It includes a section for 'Browse or search more than 2000 user-recommended recipes below.' with a 'browse recipes' dropdown menu set to 'All' and a 'FIND' button. Below this is a 'search' section with a 'Search by:' dropdown menu set to 'recipe name' and a 'user name' option. There is an 'Enter Name:' field and a 'FIND' button. A 'refine search' section allows users to search for any combination of categories below, with more options leading to a more refined search. It includes an 'Estimated POINTS' section with a 'Range:' dropdown menu and a 'Meal Course' section with checkboxes for Beverages, Light Meals, Side Dishes, Breakfast, Main Meals, Snacks, Cakes, Sandwiches, Soups, Desserts, and Sauces. There is also a 'Posting Date' section with a dropdown menu and a 'FIND' button. On the left side, there is a 'my shortcuts' section with a 'LOGOUT' button and links for 'Welcome Kevin!', 'I'm not Kevin', 'edit profile', and 'Pick my avatars!'. Below this is a 'MY TOOLS' section with links for 'JOURNAL', 'WEIGHT TRACKER', 'MEAL PLANS', 'POINTS CALCULATORS', 'RECIPE SEARCH', and 'RECIPE BUILDER'. There is also a 'MY RESOURCES' section with links for 'Intro to eTools', 'Tools for Living', 'Hot eTools Topic of the Week', 'Eating Out Guide', 'eTools Tip', and 'Exchange'. Below this is a 'MY MEETINGS' section with a '75202' link and a 'Don't know zip code' link. There is also a 'MY NEWSLETTER & MORE' section with a 'Choose your options' link and a 'GET HELP' section with links for 'Frequently Asked Questions' and 'Contact Us'. On the right side, there is a 'subscriber highlight' section with links for 'recipe search', 'Go to Recipe Search', and 'Learn more about subscriber benefits'. Below this is a 'for subscribers only' section with links for 'POINTS calculator', 'recipe builder', and 'meal plans'. There is also a 'View Meal Plans' link and a 'Learn more about subscriber benefits' link.

FIG. 24C